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HAVE PAIN, WILL LIE

IN WHICH THE DANIMAL GETS A LESSON IN SCORING DRUGS AT A HOSPITAL IN SKETCH-VILLE, (USA?)

PAGE 12



There's no place like the Glebe

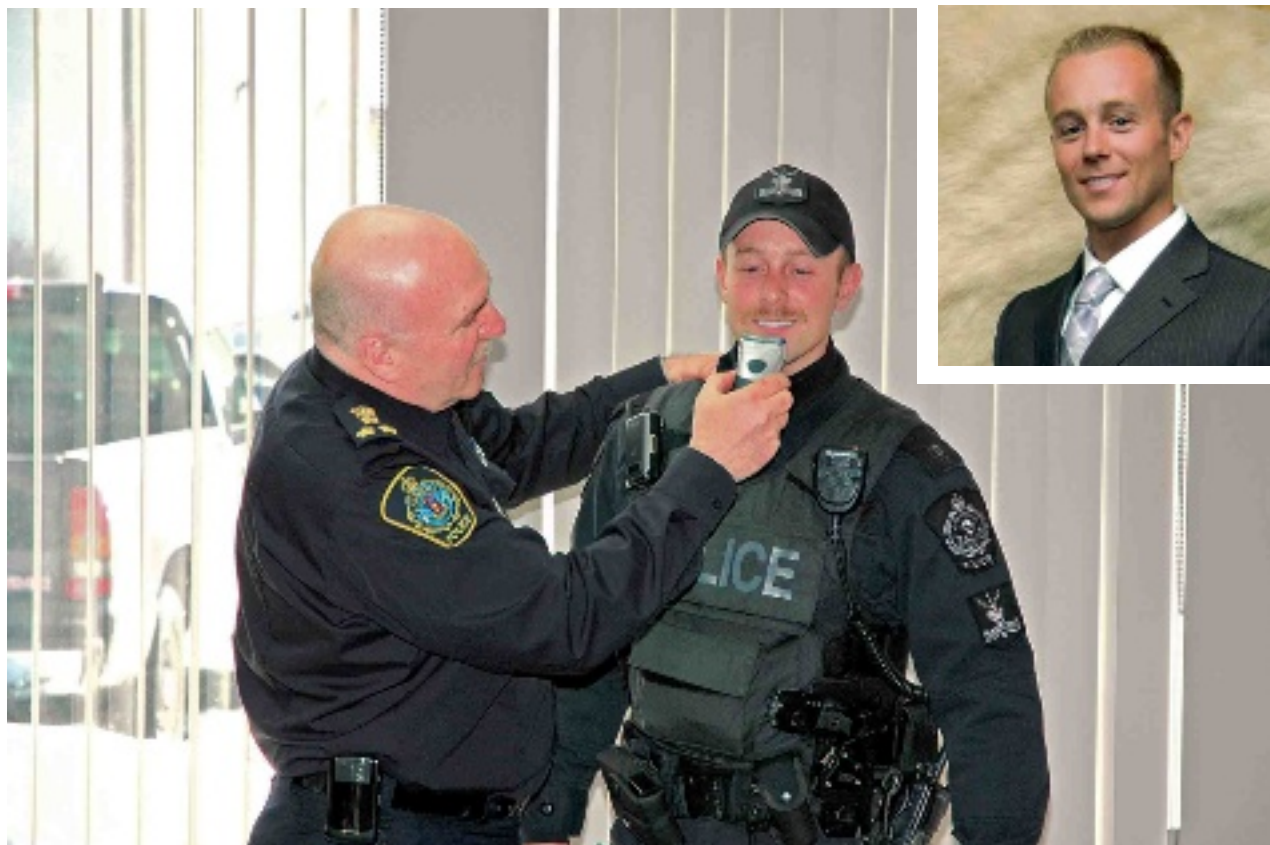
Photog has travelled the world, but his latest exhibit consists of images that were taken within walking distance from home PAGE 6

As if this story wasn't bad enough already ...

Traces of STDs found on library copy of 50 Shades of Grey PAGE 8



Police mourn death of officer killed in crash



Mike Robillard, seen here on the right in this undated photograph, gets a shave for charity by Cornwall Police Chief Daniel Parkinson. Inset: A photo of Robillard released by the Ottawa Police Service with the permission of the officer's family.

MAIN: COURTESY CORNWALL POLICE SERVICE; INSET: CONTRIBUTED

Mike Robillard. Flags lowered to half mast at OPS headquarters



JOE LOFARO
joe.lofaro@metronews.ca

A 32-year-old Ottawa detective who died Sunday in a two-vehicle collision near Greely is being remembered not only as a father and husband, but also a "valued friend and colleague," by his fellow police officers.

"Mike (Robillard) was a loving husband to his wife Alyson, proud father to his three-year-old son Ben and valued friend and colleague to many," said Ottawa Police Chief Charles Bordeleau in a statement sent to media Monday night.

"He was an exceptional investigator who was proud to be a police officer and had passions not only for his family and policing, but baseball, music and life in general."

Robillard was pronounced dead at the scene of a crash at 8th Line Road near Parkway Road around 3:30 p.m. Sunday night.

Police said his Honda Civic

collided with a minivan carrying a mother and her seven-year-old daughter, who were hospitalized with non-life-threatening injuries.

Bordeleau said Robillard had more than 10 years of policing experience and joined the force in 2009 after working as a police officer in Cornwall and at the OPP.

Cornwall police Const. Daniel Cloutier said he and Robillard worked day and night shifts together for the first couple of years on the force.

He described Robillard as "a nice guy" who loved to entertain people.

"He had magic tricks, card tricks. He was a self-taught guitar player and just enjoyed the company of others," said Cloutier. "(He was) easy to get along with and always smiling and always wanting to socialize with people."

Ottawa police Insp. John Maxwell said it is a sad day for the Ottawa force, which he said received counselling support on Monday. Maxwell said Robillard lived in Metcalfe and worked in the east platoon alongside slain Ottawa police Const. Eric Czapnik.

Bordeleau said flags at all Ottawa police buildings will remain at half mast until sundown on the day of his funeral.

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Amputation required

Woman's leg crushed by her car

Paramedics say a 29-year-old woman's lower leg will have to be amputated after it was crushed by the front wheel of her own car Monday morning.

The incident occurred in a parking lot of a residential complex near the intersection of Walkey and Albion Roads.

Paramedics spokesperson J.P. Trottier told Metro the woman was reversing her car when the wind blew open the driver's side door. When she went to shut the door, a gust of wind blew it open and she grabbed for the handle to close it.

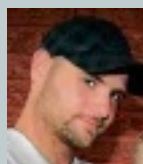
She then partially fell out of the vehicle as it continued to reverse and severely crush her leg.

JOE LOFARO/METRO

Last seen Nov. 14

Police searching for missing man

Police need your help finding a missing man. Steven Raymond is described as a white, 40-year-old male,



Steven Raymond
COURTESY OPS

who is five feet 11 inches and 166 pounds with brown hair and hazel eyes. He was last seen on Thursday,

Nov. 14 driving a four-door, 1995 blue Honda Civic. He was wearing a green and black hoodie, blue jeans, running shoes and a Coors Light cap.

If you have any information call the missing-persons unit at 613-236-1222 ext. 2355 or Crime Stoppers at 613-232-8477 (TIPS) or toll free at 1-800-222-8477.

DENIS ARMSTRONG/METRO

5-month investigation

Voyeurism suspect arrested, charged

Ottawa police have charged a 45-year-old man with voyeurism following a five-month investigation.

On Nov. 10, an east-end woman told police she had received disturbing material suggesting that she was being repeatedly watched. On Nov. 15, officers arrested and charged William Johnston with voyeurism and criminal harassment. **METRO**



Hossein Rahnama, founder of Flybits and director of research and innovation at Ryerson Digital Media Zone, shows off Ottawa Nav, a new Ottawa commuter app.
TREVOR GREENWAY/METRO

Can a new app ease citywide road rage?

Commute. Ottawa Nav gives commuters up-to-the-minute traffic alerts

TREVOR GREENWAY
trevor.greenway@metronews.ca

Ottawa commuters soon won't have to pull their hair out or rap their knuckles on their steering wheels when they hit a patch of stand-still traffic or get trapped in a road closure they knew nothing about — in theory anyway.

A new City of Ottawa app, Ottawa Nav, will give drivers

up-to-the-minute, real-time traffic info so they can plan ahead and avoid accidents and road closures while commuting through the city.

Ottawa Mayor Jim Watson said the new mobile service, which will be manned and updated by city staff, will ease congestion and traffic woes in the city.

"We are doing a lot of construction in a relatively short period of time and it's causing stress amongst drivers," Watson told Metro at a press conference at city hall Monday. "What we are trying to do is give them tools so that they can better plan their route so they avoid

Curing congestion

"What we are trying to do is give (drivers) tools so that they can better plan their route ..." Mayor Jim Watson

construction and avoid tie-ups and road closures."

The app was developed by Flybits, a Ryerson University Spinoff company, which has mapped out the city into different zones so commuters can get "up to the minute, customized traveller information" wherever they are headed.

"The City of Ottawa will be

able to drag and drop services to different parts of the city, and in real time it will show up on everyone's handsets or tablets," said Hossein Rahnama, director of research and innovation for Ryerson Digital Media Zone. "These services include things such as camera feeds, construction information and information that is relevant to better commuting in the city of Ottawa."

The new app, which is part of the city's Transportation System Management Plan, cost Ottawa \$95,000 for development. It's available for free at the App Store and on Google Play for Android devices.



Firefighters work to extricate two people after their vehicle struck a lamp post on Montreal Road near Bathgate Drive on Sunday. One man was taken to hospital but the other occupant was pronounced dead at the scene. JUSTIN TANG/FOR METRO

East end. 20-year-old dead after vehicle rollover

A 20-year-old woman was killed Sunday evening when the vehicle she was travelling in lost control and rolled over east of Vanier, police say.

A 21-year-old male passenger was also injured in the collision and was hospitalized for non-life-threatening injuries. Ottawa Fire Services said the vehicle struck a street light before rolling over near the intersection of Montreal Road

and Bathgate Drive around 9:30 p.m.

Police will not release the woman's name until they notify her family. Both occupants had to be extricated from the vehicle with jaws of life.

Police closed a portion of Montreal Road to motorists, but reopened it just before 3:30 a.m. Monday. The collision is still under investigation.

JOE LOFARO/METRO



Players with the St. Pius X X-Men run plays on Monday, a day before the National Capital Secondary Schools Athletic Association football championships. TREVOR GREENWAY/METRO

It's the clash of the powerhouses

Football. X-Men take on Falcons for NCSSAA regional high school football championships

If their mid-season dustup is any indication of what's to come, the National Capital Secondary Schools Athletic Association football championship between the St. Pius X X-Men and the Philemon Wright Falcons Tuesday should be an all-out war on the gridiron.

Only one point separated the two powerhouse high

school squads when they met in late October, and X-Men head coach Tim Robillard expects the final game to be much of the same.

"This game can go either way," he told Metro a day before his team hosts the Falcons for the championship tilt.

"It's a flip of a coin, that's the great thing about this game."

Despite being down 20-6 at the half in their first matchup against the Falcons earlier this year, the X-Men bounced back and marched their way down field from their own two yard line with minutes remaining on the clock to

win what Robillard called a "fantastic game."

It was the only team that gave the X-Men a run this season, as the undefeated first-place squad has outscored its opponents 212-51 this year. It has been the defensive duo of linebackers Darryl Jean-Baptiste and Braden D'Alessio who have held the line all year and who have been "leading the pack," said Robillard.

Up front, Robillard will be looking to running back Augustin Mande to run in touchdowns like he has been doing all season long. He's ran a dozen touchdowns into the end zone in half as many games.

Great season

For Falcons, a chance at redemption

The Falcons have been nearly perfect this season, winning five of six games and outscoring opponents 184-63. Co-head coach and defensive co-ordinator Matt Orlando knows how

close his team came to going undefeated and said his boys are out for revenge.

"We definitely have to execute better and we definitely have to play the full 60 minutes," said Orlando.

"We have a chance at redemption tomorrow, so hopefully we can take advantage of it."

The Falcons will be banking on quarterback

Jordan Duprey and his "intelligent football IQ" to lead the team to victory. On defence, Orlando hopes safety Brae Walker will hold the line like he has all year.

"He is just a killer," said Orlando of the small, stocky safety.

"He's small, but oh my god, he hits."

TREVOR GREENWAY/METRO

And if they go to the air, quarterback Malcolm Turgeon will be relied on to advance the team downfield.

"He throws the ball well and he is calm behind the wheel," noted Robillard.

The two squads square

off Tuesday at St. Pius X High School. Kickoff is at 1:30 p.m.

TREVOR GREENWAY/METRO



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Globe-trotting photographer shoots for the essence of Home

Upon a snowy night.

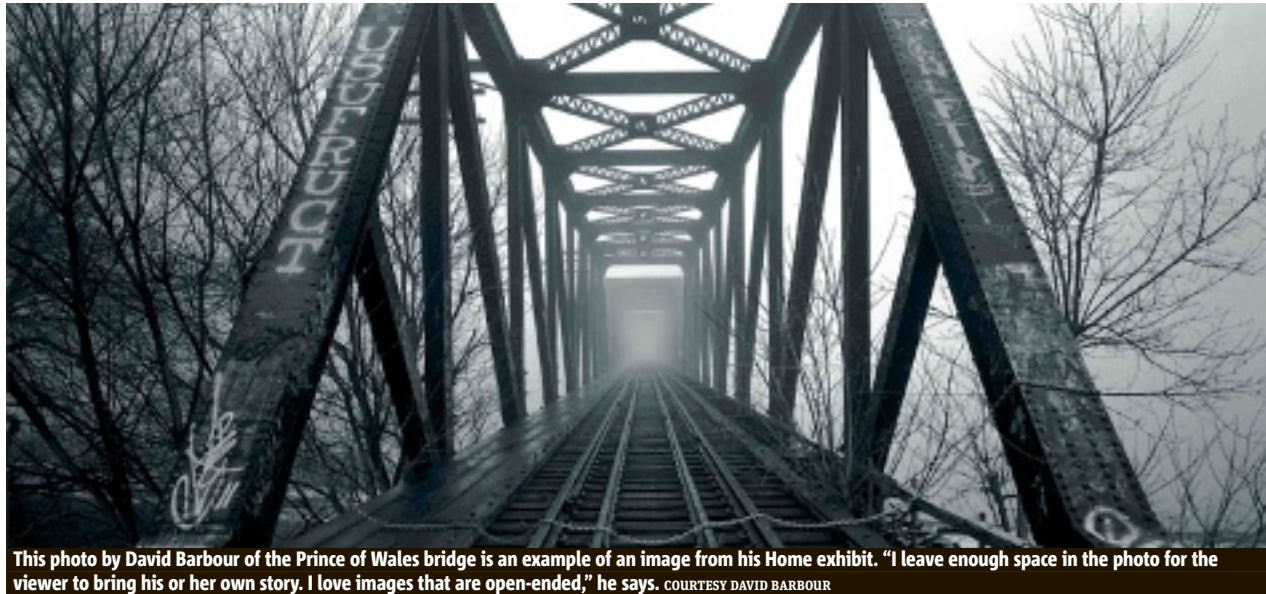
Photos in new exhibit all shot within walking distance of the Glebe

For the last 30 years, photographer David Barbour's been trotting the globe across 40 countries looking for that one unforgettable image.

This time, he's staying close to home.

In 2002, the veteran film photographer challenged himself to find photographable images within walking distance of his Glebe home, in the snow at night.

The result is *Home*, a new exhibition of 32 large photographs shot on film of snowy, black and white street scenes from the Glebe through central Ottawa to Lebreton Flats. The exhibit runs at the City Hall Art Gallery at 110 Laurier Ave. West from Nov. 28 to Jan.



This photo by David Barbour of the Prince of Wales bridge is an example of an image from his *Home* exhibit. "I leave enough space in the photo for the viewer to bring his or her own story. I love images that are open-ended," he says. COURTESY DAVID BARBOUR

12, 2014.

"These photos deal with the solitude and the quiet that we all search for in life,"

Barbour, 61, explains.

"I went back to places I'd lived in, some I haven't seen for 30 years. It brought back

good and bad memories," he said. "When I look at these photographs, shot over the last 10 years, I find every-

thing is transformed at night, and the urban landscape is beautiful in the winter."

DENIS ARMSTRONG/FOR METRO

Bio

Man behind the lens

Barbour is an old-school photographer who bristles when he hears the world "digital." From Winnipeg, but based in Ottawa since the early 1980s, Barbour was a regular photographer for the Canadian International Development Agency, Unicef, Oxfam and Canadian Geographic in 40 countries. He says Africa, Asia and Cuba are his favourite places to shoot.

He won the World Press Award in 1985, once hired Yousuf Karsh for his last portrait of the Queen, and bought Edward Burtynsky's first work at the National Film Board.

DENIS ARMSTRONG/FOR METRO

He's just a puppet: Musical takes on PM

Stephen Harper is many things to many people, but source material for a new musical?

For singer-songwriter James Gordon, the micro-managing, number-crunching, public-service-slashing, lefty-blaming PM is the stuff that dreams — and many songs — are made of, in his new musical satire, *Stephen Harper: The Musical* at Arts Court Theatre Nov. 27-29.

Subtitled *How to Survive and Thrive in the Dying Days of the Empire of Oil*, Gordon performs 19 songs including *He's Just a Puppet*, *Get a Job*, *You Lazy Bum* and *We Call it Bill C-45*, among others in this one-man multimedia show.

Chris White, the show's promoter, says the times they are a-changin' and governments like Harper's offer rich material for the protest folk



Singer-songwriter James Gordon interacts with Prime Minister Stephen Harper's foam alter ego in the production *Stephen Harper: The Musical* being staged at Arts Court Theatre Nov. 27 to 29. CONTRIBUTED

singer.

"Making short-term economic gain as the defining agenda of this government is pathetic and very destructive to the nation. It's what got Toronto Mayor Rob Ford and former Ottawa mayor Larry O'Brien into office here. People don't care how bad the ruling regime is, as long as they cut my taxes. We're seeing where that kind of thinking leads to,"

said White.

A veteran of the Canadian folk scene, Gordon, who lives in Guelph and is running as an NDP candidate in the next election, has written more than 1,000 protest songs about bad politics and the environment over his 30-year career with his band Tamarack, as well as 20 solo albums and children's albums.

DENIS ARMSTRONG/FOR METRO



Let it glow!

Rick Belfor helps to install close to 15,000 Christmas lights on Parliament Hill in Ottawa on Monday. SEAN KILPATRICK/THE CANADIAN PRESS

Roll up the sleeve

Tim Horton's Cup challenge on

This Wednesday between 1:30 to 2:30 p.m., five teams from 1,300 Tim Horton's shops will compete for The Tim Cup Challenge at the Ottawa Convention Centre to determine which gives the best experience.

The finalists — "Harley" from Regina, "Les Gui-Gui" from Rouyn-Noranda, Que., "Pat-Nots" from St. John's, "Hospitality Divas" from Springfield, Ill. and an undetermined team from Ontario, will be tested on the speed, accuracy and friendliness of their service. In addition to bragging rights, the winner receives \$5,000 per member.

DENIS ARMSTRONG/FOR METRO

One night only

B-Sens to play in big-league digs

The Canadian Tire Centre announced Monday it will host a regular-season game between the Senators' AHL affiliate the Binghamton Senators and the Hamilton Bulldogs (the Montreal Canadiens' AHL affiliate) on Feb. 8. METRO

Expect fireworks

Tickets for *Stephen Harper: The Musical* are \$20, or \$10 if you're a student or senior or broke, online at rasputins.ca, artscourt.ca or at the door.



The Penguin takes San Francisco Giants mascot Lou Seal hostage as Batkid and leukemia survivor Miles Scott, 5, dressed as Batkid, seen in the inset below, give chase as part of a Make-A-Wish Foundation fulfillment at AT&T Park Friday in San Francisco. RAMIN TALAI/GETTY IMAGES

Batkid caper takes over San Francisco

Villain with a heart. Canadian speaks of 'amazing' day playing the Penguin for Batkid wish



MIKE DONACHIE
Metro in London, Ont.

If you're a vicious crime lord and 10,000 people have gathered to boo you, it's got to be a bad day.

But for Mike Jutan, it was the greatest day ever.

On Friday, the London, Ont., native became the Penguin, one of the villains defeated by the unstoppable Batkid in the inspiring story that's been wowing people all over the world.

"I work with Batman," said Jutan, a software engineer in San Francisco. By Batman, he meant Eric Johnson, who played the DC Comics hero to help the Make-A-Wish Foundation grant an incredible wish for five-year-old leukemia survivor Miles Scott.

"I had no idea it was going to be this big," Jutan said. "When I was asked to do it, I thought

we would just put on some costumes and romp around a playground for 10 minutes for a little kid."

But as the planning continued, the event got bigger and bigger until Jutan, having kidnapped San Francisco Giants mascot Lou Seal, found himself snarling at a massive crowd from the back of a Bentley.

"We kind of closed down the whole city," Jutan laughed. There he was, standing in full costume as the Penguin, as he and his captive were driven

from Union Square to AT&T Park, where the final confrontation took place.

Batkid and Batman arrived in their Lamborghini Batmobiles to take him down.

There was an obstacle course, a smoke bomb, a slide and a defeat for the Penguin in his secret lair.

As for Batkid, he's left a lasting impression on his arch-enemy.

"You could see the fight in his eyes," said Jutan. "What a strong-willed kid. He was amazing."

Dream come true

San Francisco became Gotham City for the day thanks to the Make-A-Wish Foundation.

- After a call from the chief, Batkid swung into action to save a woman tied to railway tracks, then foiled the Riddler's bank robbery and ended the Penguin's evil kidnapping plot.

- The day ended with the heartfelt thanks of the mayor and the key to the city.



- Batkid's secret identity is Miles Scott, 5, of Oregon, who is in remission from leukemia after fighting it for four years.

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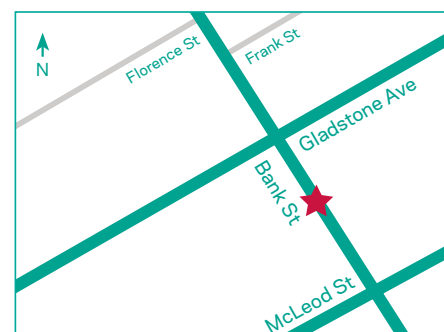
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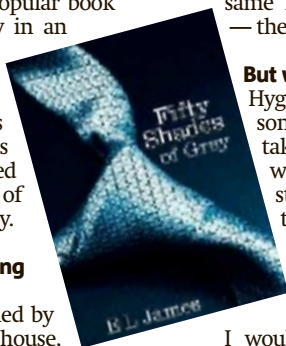


KIERON
MONKS

Metro World News in London, U.K.

Belgian researchers have discovered traces of drugs and sexually transmitted diseases in a copy of the popular book 50 Shades of Grey in an Antwerp library.

Toxicology professor Jan Tytgat, who ran chemical tests on the library's 10 most-borrowed books, said most of us should not worry.



Why were you doing this test?

We were approached by a TV production house, who were curious to know if there was evidence of micro-organisms or psychotropic substances in public libraries. It made me think, because we know there is cocaine on every U.S. \$100 bill, and even on the surface of rivers, so it could have been a risk on children's books.

So we should stay away from books?

The message is very much that it's still good to go to libraries. There is 100 per cent evidence for cocaine but of no toxicological consequence, and the same for the bacteria — there is no danger.

But why is it there?

Hygiene is one reason; if people don't take care. Also, where books are stored can expose them to contamination.

So this is all totally fine?

I would worry about athletes, as the doping agencies have a zero-tolerance approach, but modern toxicologists can find a needle in a haystack. If you have contact with books, this can leave traces of substance in your system. In the absence of "cutoff" levels that we have in other disciplines, this could ruin careers.

Texas. Students to play game of 'Catch an Illegal Immigrant' on campus

The Young Conservatives of Texas announced Monday they will play a "Catch an Illegal Immigrant Game" this week on the University of Texas at Austin, drawing condemnation from Democrats and stirring passions over an issue that has vexed the border state.

The game is planned for Wednesday when club members will wander the campus wearing signs that say "illegal immigrant." Students who capture them and take them

Quoted

"The YCT is contributing to an environment of exclusion and disrespect among our students, faculty and staff."

Gregory Vincent, vice-president for diversity at the University of Texas at Austin

to the Young Conservatives' recruiting table will get \$25 gift certificates. **THE ASSOCIATED PRESS**

Ruling upheld

Black not allowed to speak to Order of Canada panel

The Federal Court of Appeal has dismissed an application by Conrad Black to personally address an advisory council weighing whether he should be stripped of the Order of Canada. In a decision Monday, the panel upheld a ruling that denied the former media baron his request to plead his case in person. **THE CANADIAN PRESS**

Montreal

Mayor aims to eliminate 'erotic' massage parlours

Montreal's mayor wants to get rid of so-called erotic massage parlours that have multiplied throughout the city. Denis Coderre says he plans to introduce a bylaw with hefty fines attached.

Erotic massage parlours often obtain a permit as a legitimate massage business, hiding their true purpose. **THE CANADIAN PRESS**



Toronto Mayor Rob Ford sits in the council chamber as councillors look to pass motions to limit his powers on Monday. CHRIS YOUNG/THE CANADIAN PRESS

Rob Ford loses even more power

Toronto. Chaotic day ends with city council voting to slash mayor's budget, hand many duties to deputy

This means war

"Mark my words, friends, this is going to be outright war in the next election."

Toronto Mayor Rob Ford, who also called council voting overwhelmingly to slash his budget and hand many of his duties to the deputy mayor a "coup d'état," and told councillors, "You guys have just attacked Kuwait."

An extraordinary debate marred by chaotic scenes saw Toronto city council strip Rob Ford of more of his powers Monday, an act he compared to the Iraqi invasion of Kuwait and a declaration of war.

As a shouting match erupted between Ford and members of the public, the besieged

mayor seemed to charge a heckler but instead knocked down a female councillor, leaving her with a bruised lip.

The incident prompted yet another apology from Ford, who at one point was seen making drinking and driving gestures directed at a councillor who police had warned

about impaired driving.

The incidents formed a noise backdrop to the unprecedented debate over neutering the badly wounded mayor.

Blasting what he called a "coup d'état," Ford said voters should be able to pass judgment on him, not his fellow

councillors.

Ultimately, however, it made little difference and council voted overwhelmingly to slash Ford's mayoral budget and hand many of his duties to the deputy mayor.

At the provincial legislature, Finance Minister Charles Sousa called the "antics" in Toronto distressing but showed little appetite for any intervention. And for the first time, the prime minister's office weighed in, saying the government "does not condone illegal drug use, especially by elected officials while in office."

THE CANADIAN PRESS

Calgary mayor to fight defamation suit

Calgary Mayor Naheed Nenshi said Monday he plans to defend himself from what he deemed as "outrageous damages" being sought by Shane Homes founder Cal Wenzel, whose \$6-million defamation lawsuit against the mayor surfaced Friday.

Nenshi made the comments Monday afternoon, but said he still hadn't been formally served with papers.

The lawsuit largely centres

on a surreptitiously filmed video of Wenzel and others in which they appear to be talking about how to get like-minded members elected on city council. It's alleged Nenshi used the video to make Wenzel a "straw man for gainsaying anyone with political views" different from the mayor's on land development and housing.

Nenshi said he finds the claims against him "extremely

disappointing."

"Mr. Wenzel, through his own actions, is the architect of his own situation," he said. "He's the one who decided how he was going to try to influence the election. He's the one who decided to hold that so-called secret meeting. This lawsuit is extremely disappointing, but I'm not surprised by his use of legal action."

ROBSON FLETCHER/METRO IN CALGARY



Calgary Mayor Naheed Nenshi speaks with reporters Monday afternoon. ROBSON FLETCHER/METRO IN CALGARY



Survivors struggle for aid in the typhoon-hit province of Leyte, Philippines. AARON FAVILLA/THE ASSOCIATED PRESS

Canadian to help curb post-disaster violence

Preventing a second wave of suffering. Survivors at risk of physical, sexual and emotional abuse

MATT KIELTYKA
Metro in Vancouver

Minutes before boarding for the devastated post-typhoon Philippines, Gurvinder Singh was preparing himself to “expect the unexpected.”

Like most Canadians, he’s seen images of hardship, destruction and suffering flash

across television screens.

Unlike others, Singh is a Canadian Red Cross violence-prevention adviser and he knows that the vulnerable, displaced and sick can also become victims of a second wave of suffering in the form of physical and sexual violence.

Singh will be deployed at the Canadian Red Cross’ field hospital in Ormoc, where he and his team will look for signs of abuse among patients. Opportunistic criminality, family stresses and cramped conditions are just some of the risk factors Singh will be working to mitigate.

“I know there will be

Abusing the injured

“We’ve seen this globally after other disasters.”

Gurvinder Singh, violence-prevention adviser for the Canadian Red Cross, talking about how violence normally happens in the aftermath of large-scale tragedies.

a lot of human suffering. We’re training to expect the unexpected,” he said. “The Red Cross has great training. We’re prepared. It’s a matter of doing your best with the best that you’re given.”

Ormoc City, in the province of Leyte, is one of the hardest-hit areas in the Southeast Asian country.

Unsolved crime

Father says Google Maps shows murdered son’s body

A San Francisco Bay Area man says a Google Maps satellite image near a rail line shows the body of his teenage son, who was shot and killed in 2009.

Jose Barrera wants the Internet giant to take down the image out of respect for his son, Kevin. The 14-year-old’s body was found on a path near railroad tracks that separate North Richmond from San Pablo on Aug. 15, 2009. His slaying remains unsolved.

THE ASSOCIATED PRESS

Midwest tornadoes. High-tech forecasts help trim twisters death toll

When a cluster of violent thunderstorms began marching across the Midwest, forecasters were able to draw a bright line across a map showing where the worst of the weather would go.

Their uncannily accurate predictions, combined with television and radio warnings, text-message alerts and storm sirens, almost certainly saved lives when rare late-season tornadoes dropped out of a dark autumn sky. Although the storms howled across 12 states and flattened

entire neighbourhoods in a matter of minutes, only eight people died.

By Monday, another more prosaic reason for the relatively low death toll came to light: In the hardest-hit town, Washington, Ill., most families were in church.

In the last decade alone, improvements in weather forecasting technology have doubled the number of days in advance that weather experts can anticipate major storms, said Bill Bunting of the U.S. National Weather Service. THE ASSOCIATED PRESS

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Are we alone? Maven takes off to find out

NASA. Spacecraft due at the red planet by next fall will help scientists answer some existential questions

NASA's newest robotic explorer, Maven, rocketed toward Mars on Monday on a quest to unravel the ancient mystery of the red planet's radical climate change.

The Maven spacecraft is due at Mars next fall following a journey of more than 700 million kilometres.

Scientists want to know why Mars went from being warm and wet during its first billion year to cold and dry today. The early Martian atmosphere was thick enough to hold water and possibly support microbial life. But much of that atmosphere may have been lost to space, eroded by the sun.



A rocket with Maven on board in Cape Canaveral, Fla. NASA/THE ASSOCIATED PRESS

Maven set off through a cloudy sky Monday afternoon in its effort to provide answers.

A question underlying all of NASA's Mars missions to date is whether life could have started on what now seems to be a barren world.

"We don't have that answer yet, and that's all part of our quest for trying to answer, 'Are we alone in the universe?' in a much broader sense," said John Grunsfeld, NASA's science mission director. **THE ASSOCIATED PRESS**

21 and counting

Maven stands for Mars Atmosphere and Volatile Evolution, with a capital "N" in Evolution.

- It is NASA's 21st shot at Mars. Fourteen of the previous 20 missions have

succeeded, the most recent being the Curiosity rover that was launched in 2011 and landed in 2012.

- That's a U.S. success rate of 70 per cent. No other country comes close.



You stay classy, Emerson College

It's kind of a big deal that Emerson College is changing the name of its school of communication. The college in Boston will rename the school — for one day only — the Ron Burgundy School of Communication on Dec. 4 to honour the fictitious television anchorman. Actor Will Ferrell, in character, is scheduled to share his path to journalism greatness with students. **FRANK MASI/PARAMOUNT PICTURES/THE ASSOCIATED PRESS**

Here's a new one...

Watchdog puzzled by government underspending

Canada's budget watchdog is asking parliamentarians to get to the bottom of why the Harper government is spending less than it has been authorized.

The Parliamentary Budget Officer says the government has been unable to, or not spent, about \$10 billion that was approved in each of the past three years. **THE CANADIAN PRESS**

Across the pond...

Rob Ford isn't the only leader with a video scandal

The Co-operative Group launched an investigation Monday into any "inappropriate behaviour" among its employees after a video emerged of the former chairman of its bank allegedly buying drugs.

Britain's largest mutual society started the review after Paul Flowers apologized following the video released by the Mail on Sunday. **THE ASSOCIATED PRESS**

Crime. RCMP allege American man tried to defraud TD Bank of \$2.5M

Police say an American already facing charges for allegedly impersonating a Canadian deputy minister is now facing more charges for allegedly trying to defraud TD Bank of \$2.5 million.

RCMP have laid eight fraud and forgery charges against Howard Leventhal, 57, of Long Grove, Ill.

The authorities allege Leventhal tried to get a \$2.5-million line of credit

from TD Bank in Toronto in July.

Prosecutors in the U.S. alleged earlier this year that Leventhal scammed Paragon Financial Group for \$800,000 US.

Leventhal allegedly assured Paragon he was providing Health Canada with 'Heltheo's McCoy Home Health Tablet.' The device was named after Dr. Leonard McCoy of TV's Star Trek. **THE CANADIAN PRESS**

Random biz fact of the day

200

First applications are received 200 seconds after a job is posted. **CAREERBUILDER**

Market Minute

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Qualified participants will receive all study related exams and study medication at no cost. Compensation for time and travel may be available.

For more information, please call
613-599-5700 ext. 23
or email kanataallergy@gmail.com

CATALYST
The cat allergy study
www.thecatallergystudy.com

Job Hunting Tip: Book your interviews for after November 30th.

In addition to over 6,000 new online job postings every week, we also have the right advice and tools to help you along the way. So you can be certain you're putting your best face forward. It's what makes Workopolis Canada's number one job site.

workopolis.com

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*Number one job site" based on six-month average online job postings for period ending October 31, 2013. Comparison between Workopolis and all other major paid online job boards. Does not include online classified sites or job posting aggregator sites. Statistics provided by WANTED Technologies. © 2013 Workopolis.



Douglas Coupland

Douglas Coupland's latest novel, *Worst. Person. Ever.*, is available from Random House Canada.

Day 12

metronews.ca/temp

West of our lives

Like oilsands through the hourglass...

With Alberta's robust economy, buoyed by its resources, worker shortages have been a problem.

The Alberta Human Resources and Employment report of 2006 predicted a worker shortage of 22,000 in 2012; up to 70,000 by 2018; and 114,000 workers short by 2021.

The field that uses seasonal workers is the one that drives the economy: oil and gas. In 2012 there were nearly 40,000 temporary "camp workers" in Northern Alberta — more than 50 per cent of the entire population around the oilsands.

METRO IN EDMONTON



THE CANADIAN PRESS

Labour pains

Aging pop. means fewer workers

Long-term projections show that the labour supply growth is projected to fall from the current one per cent to 0.4 per cent between 2019 and 2030, recovering modestly to 0.6 per cent between 2031 and 2050.

THE CANADIAN PRESS

Temp Witnesses the Class Divide

Had there not been stab wounds and vomit everywhere, the hospital lineup could have been fun in a tailgate party kind of way. Our surprise neighbour was Darren, the vet I'd given 20 bucks to after lunch. He was holding a T-shirt up to a wound on his forearm.

"What happened?"

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."

"Who won?"

"He did."

"Here, have a stick of gum." I am nothing if not fresh.

Danimal was being a downer. "How hard can it be to get some painkillers?"

"Dan, there are many people here in far worse shape than you. Keep it down."

Darren advised, "If you're looking to score painkillers, man, don't overplay it."

"But I'm in genuine pain."

"Sure, sure. Half the people in this lineup are here just to score some Oxy, but if you overdo it, they'll just tell you to scam."

Dan is practical. "What do I need to know?"

"Tell them your pain is about 8 on a scale of 1 to 10. It hurts, but you've felt worse. And don't scream or make moaning sounds. It irritates them and they're relieved when they don't have to watch someone aiming for an Oscar."

"Good to know."

"And now we stand and wait."

And wait we did. About two hours in Dan asked, "Shannon, have you been here before?"

"No. But I did break my arm rollerblading in Boston four years ago — go Red Sox! Cost me \$19,000, and I'll be in debt until I'm 40. It's why I can't do what I really want to do in life. But I do have a Saint Eustace loyalty card you can borrow if you want."

"Was the emergency area as crowded as this four years ago?"

"Worse. There was a full moon that night."

Finally, it was our turn. Once we hit the front, Dan took a step and something inside him went sideways — he bellowed like a pirate, scaring even me.

"Sir!" said the intake nurse. "This is a hospital. I'll politely ask you to lower your voice."

"My stomach — God, it's like a tractor's driving over it."

"You're in a great deal of pain, are you?"

"Yes. Some idiot slugged me

"I got into a fight with a raccoon over half a bucket of KFC I found beside the cheque-cashing mart."



in the sternum."

"Where did this happen?"

"In a bar."

It didn't take a genius to see Dan was making a bad impression.

"How would you describe your pain, sir?"

"About 8 on a scale of 1 to 10."

The nurse buzzed a security guard. "You're the 10th person tonight to describe your pain that exact same way. I'm afraid I can't help you in your quest for pills, sir. Next!"

Out on the street Darren commiserated. "Sorry dude. Take two of mine."



Random biz fact of the day

18 mos.

It's hard being at the top — 40 per cent of executives hired at the senior level are pushed out, fail, or quit within 18 months.

SOURCE: NEXCAREER

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Random fact of the day

- A raisin dropped in a glass of fresh champagne will bounce up and down continuously from the bottom of the glass to the top.

SOURCE: DIDYOUKNOWARCHIVE.COM



Dan grabbed them and chewed them like Mentos. Then he collapsed.

TO BE CONTINUED ...



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TARGET MARKETING MISSES THE MARK

For over a decade, the PR masterminds at Victoria's Secret have been transforming what is essentially an hour-long television commercial into a highly publicized pop-culture event complete with social media hashtags and at-home viewing parties.

This year's instalment of the annual holiday fashion show doesn't officially air on prime-time television until Dec. 10. But the body-glitter-encrusted spectacle exploded all over Twitter and Instagram in real time during last week's taping, which means I've had plenty of time to consider whether or not the latest \$10-million Royal Fantasy Bra is machine washable.

As always, this year's show featured a cast of beautiful supermodels strutting down the runway in six-inch heels and barely-there outfits that only sort of covered their impossibly perfect bodies. And while I know that these ethereal Angels live in a different realm of reality than mere mortals (I have some suspicions that Candice Swanepoel might actually be a fembot), I'm happy to indulge in a little escapism and take a peek into their world for this



SHE SAYS
Jessica Napier
metronews.ca

yearly event.

Over the course of the night, I watched as bombshell beauties modelled outrageous lingerie adorned with Swarovski crystals, patterned latex and faux fur details. Outfits were topped off with tiny novelty hats, intricate snowflake headpieces and an abundance of iconic feathered wings.

I understand that the runway show is intended for highly conceptual designs rather than the mass-market thongs you might find in the "5 for \$25" basket at your local mall, but so much of this year's costumery veered away from beautiful fantasy and straight into WTF territory.

I had a particularly big problem with latest collection from the brand's PINK line, which is geared towards a younger 15- to 22-year-old demographic. The sexed-up outfits were accessorized with large emoticon faces, graphic text-speak acronyms and plenty of innocent childlike imagery.

The assortment of bizarre ensembles sent a very confusing and unsettling message about youth, sexuality and popu-

lar culture.

Is this a desperate attempt to target the teenage market by jumping aboard the sexting trend? Was there a back room full of market researchers who decided that people must be fantasizing about incorporating Japanese emoji symbols into their bedroom attire? Far from sexy, these technology-inspired, Technicolor outfits were silly at best and at worst, infantilizing.

I can't be the only person who felt uncomfortable watching adult women prance down a runway in juvenile ensembles that looked as if they had been produced by a group of glue-gun-wielding 12-year-olds on an intense sugar high.

The audience tunes in to see something luxurious and glamorous; don't send out hyper-sexualized Punky Brewsters clad in the wackiest wardrobe choices you can come up with and expect me to get on board.

I'm happy to admire a highly implausible, sequined, nude bodysuit modelled on a genetically perfect specimen, but watching a grown woman strut around with balloons shaped like happy faces and ice cream cones tethered to her zebra-print panties is just too much for me.

Follow Jessica Napier on
Twitter @MetroSheSays



ZOOM

Scenic landscape or wavy ocean?



ROB ETZEL/SOLENT NEWS

Photo of colourful sunrise deceives

A panorama of rolling hills looks like gentle ocean waves as the sun rises over the farmland. The only signs of life disturbing this tranquil scenery are the outlines of lonely roads and isolated trees. This amazing image by American photographer Rob Etzel was taken in the Palouse region in Washington. **METRO**

Q & A

Dew creates deep green reflection



ROB ETZEL
Software professional and photographer, from Portland, Ore.

How did you capture the oceanic, wave-like feel to the landscape? It was all about

where and when I took the photo. I had to hike up and through soaking wet, waist-high wheat fields to get a perfect vantage point — and do this before 5 a.m. when I took the image. In the morning, the dew and water from the irrigation create a deeper green and almost blue reflection off of the wheat fields.

Rolling hills not rocky water

99%

of the Palouse region (area: 5,000 square kilometres) has been converted from grasslands and savannas to agricultural land. The Palouse region is the most important lentil-growing farmland in the U.S.

Clickbait



ANDREW FIFIELD
andrew.fifield@metronews.ca

This month has been a very good one for mobile gaming so far, from premium (for the App Store, anyway) epics to free addictions that will demand daily attention. Here's three that have been eating up our time.

Tiny Death Star:

The publisher name says Disney Mobile, but this is a Nimblebit joint through and through. Like Tiny Apartment and Pocket Planes before it, TDS is all about obsessively building an economy from scratch — in this case managing individual floors of the Death Star and the residents and employees who live there. Obsessive being the key word here, at least for a week or so. (iOS, Android/Free)

Oceanhorn:

A Zelda clone that's also among the most graphically beautiful iOS games ever made. Everything you would expect from a Link adventure — dungeons, treasures, special items — is here, save one unfortunate omission: The clever puzzles are replaced with



Oceanhorn protagonist
CONTRIBUTED

repetitive tasks and environmental engagement is lacking. But it's still a worthy and fun attempt at an epic adventure and as close as you're going to get to a Zelda on mobile. (iOS/\$8.99)

Boom Beach:

Supercell's followup to the absurdly profitable Clash of Clans doesn't finagle with the formula. Again, you're in charge of growing and commanding an army that, depending on your skills as general, may or may not conquer enemy islands while keeping your own safe and sound. Just as addictive as Clash, but the strategy seems deeper, even early on. (iOS/Free)

Letters

The media and other politicians can save their breath as far as Toronto Mayor Rob Ford's supporters go, it's pretty clear by now that the more 'convincing' is attempted, the more they dig their heels in, in his defence.

There is still the question of what's next, and that is the most important aspect of this issue, and the one that seems to be least considered in all the print spinning around this fiasco.

A single candidate with a vision and a sense of diplomacy, an appreciation of the tremendous polyglot wealth that makes up the Greater Toronto Area, and not ten months from now, but now. If there are two or three strong contenders in a campaign against Ford next fall, he clearly has what he needs to cruise right back in while they posture amongst themselves and their assorted backers, and then each blame the other for siphoning support.

Jeremy Gauthier, Hamilton, Ont.

WE WANT TO HEAR FROM YOU:

Send us your comments: ottawalatters@metronews.ca

DVD review



The World's End

Director. Edgar Wright

Stars. Simon Pegg, Nick Frost, Martin Freeman

•••••

The World's End has an alien invasion, nasty robots, apocalyptic visions and riotously over-refreshed pub crawlers. The scariest thing about it, though, is the unspoken "3" in the title. The final chapter of a movie trilogy rarely works, much less argues the case that it's the best of the three. Not to worry. Concluding their whimsical Cornetto Trilogy of horrifying British foibles, which began with Shaun of the Dead in 2004 and continued with Hot Fuzz in 2007, writer/director Edgar Wright and his co-writer/actor Simon Pegg hit the finish line with pens and guns blazing. And whilst skillfully splicing comedy with sci-fi (a lad's reunion pub crawl collides with an alien invasion), The World's End delivers a pleasant jolt: these guys have actually grown up. The genre-savvy Wright and Pegg have reached middle-age, along with actor chum Nick Frost and other troupe regulars, and there's a bittersweet ripeness to their outlook.

PETER HOWELL



Nev Schulman and Max Joseph are the hosts of MTV's Catfish: The TV Series. CONTRIBUTED

Love, lies and online spies

Catfish. Metro sits down with the duo who give online romances a big reality check

MICHELLE CASTILLO

Metro World News in London

Realizing that the person you fell in love with isn't perfect can be devastating. Finding out they aren't who they said they were — on TV — is a whole different beast.

For people who have been "catfished" — the slang term for falling in love with someone's fake online persona — reality can be dream-crushing.

We spoke to Nev Schulman and Max Joseph, co-hosts of MTV's Catfish: The TV Series about why it is so easy for people to get duped online.

The topic hits close to home for Schulman, who was catfished himself and starred in the 2010 documentary Catfish.

Do you think a lot of people found it hard to believe the Catfish movie was real? You hear the same thing about NFL line-backer Manti Te'o or any of these Catfish episodes.

Max: I can understand when the movie came out that people thought it was too crazy to be true, and also the fact that people were filming it every step of the way also seems far-fetched. If you knew the whole story, you knew that those guys — Nev's brother and Henry — film everything so the film actually turned into something.

I think what's most interesting is that after the movie came out — forgetting all the controversy if it's real or not — what was even more stunning

was the amount of emails that Nev and everyone who made the movie started getting about the exact same experience from people who had a "catfish" situation or was in one.

The outpouring of people who identified with these situations was overwhelming, and that's really what gave birth to the show.

Why do you think people can suspend disbelief when they think they have a good thing with a significant other?

Nev: In a lot of cases people who find themselves wrapped up in relationships online are people who are looking for something in their life that they don't have — that might be a career; that could be an experience, that could obviously be a relationship.

Max: We talk a lot about

Bro love

OK, now the real question everyone wants to know. What's up with the bro-mance between you two? Are you kind of surprised that there are conspiracy theories that you two are really together?

- Max and I talk about this a lot. We play with it, and certainly have fun with it. If you really want an answer, obviously the answer is we're both straight. We both have girlfriends.

how mystery is the greatest aphrodisiac. Something we've found out about the show is that when someone only tells you bits and pieces, human nature is to fill in the rest of our own fantasy of who we want the other person to be.

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Losing weight and gaining a movie

True story.

McConaughey lost 47 pounds to play an HIV patient in *Dallas Buyers Club*, a film that almost didn't get made



NED EHRBAR
Metro World News in Hollywood

By the time Matthew McConaughey signed on for the long-in-development *Dallas Buyers Club*, it had become one of those projects many in Hollywood assumed would just never happen. The film, about real-life early HIV patient Ron Woodroof (McConaughey), has had several actors attached over the years without going forward. So what changed with McConaughey? He willed it into production through massive weight-loss.

McConaughey famously dropped 47 pounds for the role, filming at an alarming 137 pounds, and as far as he was concerned once the weight started coming off, the train had left the station. "There were many times as we were approaching, people were going, 'It's not going to happen. How about pushing it to spring?'" McConaughey remembers. "And I was like, 'You're going to make me go through Christmas and four more months of this? You want me to be 110? No!'"

As much attention as his weight loss has gotten — he says he's gained back 40 of the 47 pounds — McConaughey doesn't think it's that big of a deal. "The body's much more resilient than we give it credit for sometimes," he says. "You're reminded of that especially after women give birth. It really can rebound."

In fact, he'd even go so far as to call losing all that

The movie

Directed by Jean-Marc Vallée (*The Young Victoria*, *C.R.A.Z.Y.*), *Dallas Buyers Club* speaks to real life issues.

- In 1986, the AIDS crisis was still a misunderstood horror.
- Woodroof (McConaughey) smuggles unapproved treatments across the border from Mexico to patients neglected by the medical establishment.

weight fun. "Even the hard work is fun. The going down 47 pounds was fun," he says. "It's a singular focus, to have something to grab onto and say, 'Let's see where we get to and what we do.' That's fun." "Dallas Buyers Club"



Matthew McConaughey lost 47 pounds to play the role of HIV patient Ron Woodroof in *Dallas Buyers Club*. CONTRIBUTED

serves as a kind of culmination of a remarkable career renaissance for McConaughey over the past two years, when he returned to film after a brief break with a string of remarkable, off-kilter roles in *Bernie*, *Killer Joe*, *Mud* and *Magic Mike*. As for what sparked the change, McConaughey gives full credit to his wife and two young chil-

dren at home. "This is a really healthy time in my career. I'm enjoying and loving acting more than I ever have," he says. "I've got a really great support system in my family where when Popeye goes to work, they come. And they allow me to put the blinders on. I've got a wife who allows me to not have to look in the rearview mirror. And I'm still

getting time with my family — and if anything I'd say kids sure help the job I do. They sure remind you that we're playing make-believe, so let's make them believe. They sure remind you to be goofy as hell if you want to, which just frees up the instrument so that it's really working, when you're acting you're not really acting."

How Leto was 'seduced' back to film

Film. The chance to play a transgendered HIV patient in a non-clichéd way was too big an opportunity for the rocker to pass up

NED EHRBAR
Metro World News in Hollywood

A thriving career as a rock star is a pretty valid reason to stop making movies, so Jared Leto understands why people stopped sending him screenplays to consider.

"Yeah, they got the point after a while," he says. "But what a weird thing to do. I'm not so sure many people do that by choice — not work for that long."

What finally brought him back was *Dallas Buyers Club* — more specifically Rayon, the character he could play in it, a slinky and sarcastic transgendered HIV patient in 1980s Texas who teams with Ron Woodroof (Matthew McConaughey) to access better



Jared Leto. GETTY IMAGES

AIDS-fighting drugs not yet available in the U.S.

"I got seduced by Rayon, you know? I thought, what a steep climb that would be," Leto says.

"It's a composite, it's not based on a real person — but I think that she ended up being a real person. I think that character has been represented in film so many times in a way that's stereotypical, and I was intent on not putting a cliché up on screen."

"I think that's one of the opportunities that I saw

when I read the script. I said, 'Oh, I could do this in a way that has some dignity and grace, and there's a real person there.'"

While McConaughey's staggering weight loss for the role has been well-documented, Leto was no slouch either. "I lost over 30 pounds and then I stopped counting, because it didn't matter," he says.

"Really the weight for me is about how it affects me on the inside. It changes everything about you. It changes how you walk, how you talk, how you laugh, how you breathe, your choices in a scene. You may lean up against somebody as you're talking because you've got no energy. It's a transformative thing."

With plenty of awards season speculation around his performance, Leto's return to film is turning out to be a fairly time-consuming one.

But will audiences have to wait another six years to see him in another? "I don't know," he offers with a shy smile. "I haven't really thought about it."

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1,500 or Nothin' key to success of Rick Ross' new album

Mastermind.

Controversial Miami rapper is bringing in his hand-picked band to set the mood for his latest offering

CHRIS JORDAN
Metro World News in NYC

Since 2006, Rick Ross has been instrumental in bringing attention to rappers like Wale, Omarion and Meek Mill with his Maybach Music Group. But for his next album, Mastermind due out Dec. 17, Ross will be instrumental in bringing something different to his own tracks: instruments.

"We've been in the studio with Jay Z over the summer," Ross says. "The studio conversation that came up was it was most definitely time to end the two tracks."

By "two tracks" he means

laying one vocal track over another track of prerecorded beats. For Mastermind, he's increased the number of tracks by 1,500. Well, sort of. His backing band, dubbed 1500 or Nothin', is a collective of producers, players and artists who have worked with some of hip-hop's heaviest hitters.

Ross says he travelled more than 1,500 miles to find his new live backing band.

"I was looking for a band pretty much over the last year," Ross says.

"I had been looking, of course, in Miami, and in New Orleans I saw a lot of great talent, but the best was this band."

The L.A.-based 1500 or Nothin' includes keyboardists Larrance Dopson and Lamar "Mars" Edward, guitarist Charles "Uncle Chucc" Hamilton, drummer Brody Brown and songwriting ace James Fautleroy. The members have worked with Jay Z, Kanye West, Snoop Dogg, Keyshia Cole, Chris Brown and Justin Timber-

The price of Ross' fame

Drama. Ross has had his share of drama. He's been in the middle of lawsuits, arrests and beat downs, and he was possibly the target of a drive-by shooting in Florida earlier this year. As his profile has risen, so has attention to his rhymes. In the spring, he made a reference to date rape on a track. A furor ensued and

he was dropped as a spokesman for Reebok. Ross was apologetic after the flare-up. "To the young men who listen to my music, please know that using a substance to rob a woman of her right to make a choice is not only a crime, it's wrong and I do not encourage it," the rapper said in a statement.

lake.

The 1500 or Nothin' lineup will expand from eight to 12 players for the live shows, Ross says.

"Not only is it the music," he says. "It's about the mood."

Why the sudden change of style for the Miami rapper?

"On my first five albums, I pretty much stayed away from the live element," Ross says. "I kept it gritty; I kept it dirty; I kept it street. It's time for that next level."

Though 1500 or Nothin' do

not appear on No Games, the lead-off single from Mastermind, they are coming on tour with him.

"It's most definitely a lot more work, most definitely a lot more time," Ross says of working with so many musicians, "but it's something I feel my fans deserve."

He says having a band backing him has changed his perspective on the live experience. "I'm in between the crowd and the band," he says. "It's a feeling I can't wait for."



Rick Ross is embracing a new sound new album Mastermind. GETTY IMAGE

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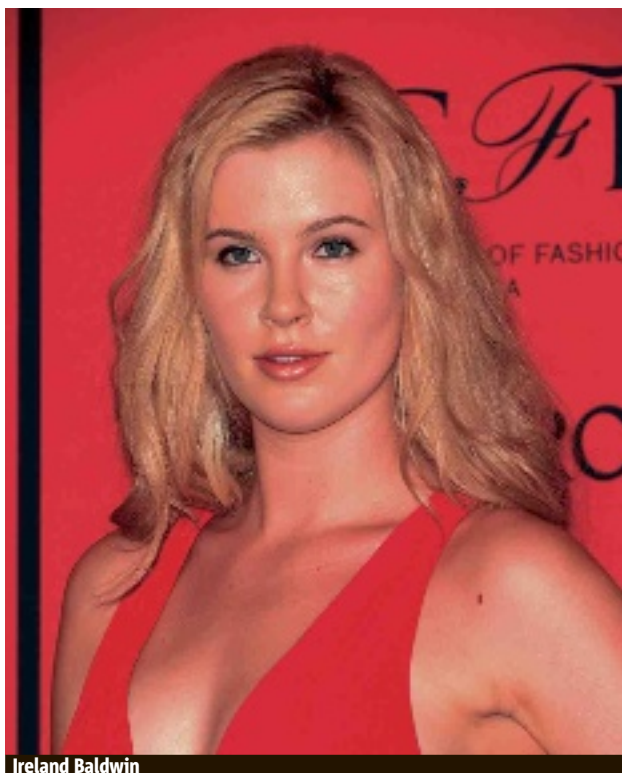
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Ireland Baldwin

Baldwin's daughter has her father's back

Ireland Baldwin is sticking up for her dad, Alec Baldwin, in the wake of his alleged use of homophobic language during an altercation with a photographer. "For someone who has battled with anger management issues, my dad has grown tremendously. My

dad is far from a homophobe or a racist," the 18-year-old model posted to Twitter. "It takes a lot of strength and support for someone to grow and become a better person. We all say things we don't mean. We all say things we can't take back."

Mouth on the mend with a little help from a friend

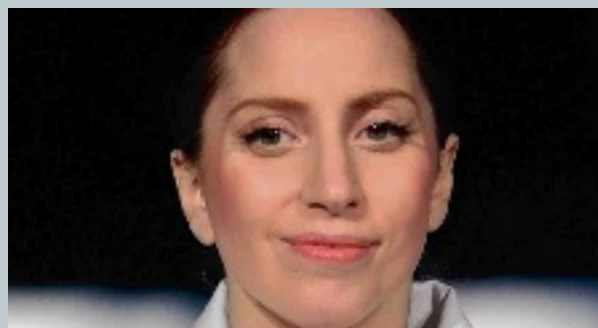
Zac Efron is on the road to recovery after breaking his jaw, but it is not an easy one. "I have been at his house every day and I have been making him soup. He has been drinking it through a straw. He has to eat through a straw on a syringe. It's horrible," director Adam

Shankman says of Efron, who had his jaw wired shut following a slip and fall at his L.A. home that resulted in his broken jaw. "He's like my little brother, has been since Hairspray, so I talk to him like a little brother, which means I give him a lot of s—."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



The Lady Gaga Q&A

GABRIELA ACOSTA SILVA
Metro World News in Mexico

With Artpop available now, we grabbed a few minutes with the singer to discuss the hype — and the costume changes.

So we're guessing art, pop and culture are influences in your life?

And they blend together. It's like saying that you and me can be together, or me and my fans — we can all be together in one space and live despite differences or colours. Pop and art are not in conflict with culture; they are part of each other. So the intention of the album was to put art culture in pop music, a throwback to Andy Warhol.

Give us three words to describe Artpop.

Hate, love and sensuality.

Reviews have been a bit harsh.

The reviews do not bother me, but the rumours or gossip do. Fame provokes a negative energy that causes instability in me. But I am a woman facing something new every day and, despite constant attacks to me, there is always something good, like my little monsters, who are always there.

The makeovers — are they a disguise? Some type of shield?

Yes, I have many costumes (laughs). That is Lady Gaga. I'm always on the defensive in my professional side. I always wear different clothes and change my outfit to feel stronger. Depending on the day, I am the person I am. If one day I feel weak I will change my hair three times and I will feel like a superwoman. It doesn't matter the colour of hair — it's what makes me feel like a strong woman.



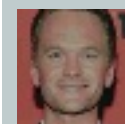
Nick Cannon

Man makes off with serious booty using simple celebrity scheme: TMZ

An unidentified man has reportedly made off with thousands of dollars in stolen jewels just by dropping Nick Cannon's name, according to TMZ. The thief, who called himself "Michael," reportedly called retailer Fred Segal claiming that Cannon needed some jewels for his wife, Mariah Carey, and asked that

they be delivered to the Roosevelt Hotel in Hollywood. A woman from the store obliged, handing the bounty off to a man at the hotel who appeared to be a security guard who said he would return with cash for the jewels. Unfortunately, that was the last the Fred Segal employee saw of the man.

Twitter



@ActuallyNPH

Just heard I'm in last place in the People's Choice Awards, behind Michael Chiklis on The Shield.



@RebelWilson

and in further good news today, I found a pair of track pants that are fancy enough to wear outside but still feel like pajamas



@pattonoswalt

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Trading twirls for leg lifts



Dig deep and embrace your inner dancer with this new exercise routine. CONTRIBUTED

Trend. Madonna loves it, Taylor Swift and Natalie Portman do it — but what the heck is ballet barre? Metro tries out a class and gives you the lowdown

ROMINA
MCGUINNESS
wellness@metronews.ca

A dancer's body is strong, lean and flexible — we all saw Natalie Portman and Mila Kunis in *Black Swan*. Who wouldn't want that? Luckily, ballet-inspired classes, called ballet barre, are becoming increasingly popular with the fit-but-not-necessarily-coordinated crowd. Although the workout incorporates elements of pilates, yoga and cardio exercises, it's very much about ballet. And don't worry, most of the time you'll be able to clutch the barre for support.

Whether you're in New York, London or L.A., all ballet barre classes will be structured in (more or less) the same way.

At the Barre Toned Studio in London's Notting Hill, Daft



The workout incorporates a number of different styles. CONTRIBUTED

Punk and Pharell's *Get Lucky* is blasting in the background (some exercises are done on the beat), and instructor Katharina Klaus is getting the class warmed up with a series of leg lifts and bicep curls.

She has her microphone on and will shout at you if your posture is off or you're not lifting your heels high enough — motivating for some, irritating for others. After that, everyone grabs hold of the barre to work the thighs.

"Your thighs are your largest muscle group, so working them uses up a lot of cal-

ories," Klaus tells us.

At this point in the class, you won't be able to ignore the burn in your quads. For us, the pain was excruciating.

"As soon as we're done with one set of exercises, we stretch. You need to do this when the muscle is still warm, as this will elongate it further and increase flexibility," she explains.

The class then moves to the floor, where Klaus makes us do moves such as the pretzel, floor core and round back to simultaneously work our legs, the core and the waist.

"After round back, we go

The ballet barre playlist

- **Get Lucky.** Daft Punk featuring Pharrell
- **Stay.** Rihanna featuring Mikky Ekko
- **Starships.** Nicki Minaj
- **The Other Side.** Jason Derulo
- **Work Hard Play Hard.** Wiz Khalifa

back to our mats and focus on targeting different abdominal muscles, and mainly the rectus abdominis (your six pack) and the obliques," says Klaus.

Finally, the class closes with a yoga prayer.

All that leg lifting and ab crunching will help you become more toned, flexible and, with time, help you lose weight. According to Klaus, you can burn up to 400 calories in one class.

"You're basically chipping away at any excess fat, toning and lengthening your body as you go along," she tells us.

Yes, even you can develop poise, and lightness of step. Watch out Mila.

Best Health

Crazy about these nuts



BEST HEALTH
MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

In the November/December issue of *Best Health*, we show how different nuts stack up in terms of calories, fat and excellent health benefits. All nuts are cholesterol-free and contain heart-healthy omega-3 fats, but they have other advantages, too.

Hazelnuts

These are rich in manganese, an antioxidant with anti-aging properties. Also high in mono-unsaturated fat, the same kind that's in olive oil. One hazelnut has 8.5 calories and 0.8 grams of fat.

Peanuts

They are technically legumes, but just seem to belong in the nut bowl. Peanuts have more protein than any other nut. One peanut has six calories and 0.5 g fat.

Almonds

An antioxidant in almonds protects cells and tissues from diseases such as cancer. And a handful of almonds is a filling snack. One has seven calories and 0.6 g fat.

Pistachios

One ounce of pistachios (49 nuts) has as much potassium as an orange; potassium helps with digestive and muscular function. One has 3.5 calories and 0.3 g fat.

Chestnuts

They are high in complex carbohydrates and keep energy levels steady, while maintaining a healthy nervous system. One has 16 calories and almost zero fat.

Walnuts

Walnuts contain alpha-linolenic acid, an omega-3 that helps maintain brain health and reduce inflammation. A walnut half has 15 calories and 1.4 g fat.

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A breath of fresh air on lung cancer reality

Canadian health.

Lung cancer is one of our top killers, but the stigma surrounding it may be restricting research dollars

Lung cancer kills more Canadians each year than any other malignancy, but the disease receives a disproportionate amount of research and donation dollars compared with far less deadly cancers, says a national advocacy organization. Lung Cancer Canada says the disease causes more than 28 per cent of Canadian cancer deaths — more than those from breast, colon and prostate cancer combined — but receives only seven per cent of cancer-specific research funding and 0.1 per cent of charitable cancer donations.

Dr. Natasha Leighl, an oncologist at the Princess Margaret Cancer Centre in Toronto, said the reason lung cancer gets so little respect is the stigma surrounding tobacco use — and the mistaken belief that all cases of lung cancer result from smoking.

But Leighl said at least 15 per cent of people who get lung cancer never smoked and some develop it through exposure to radon gas or industry-related carcinogens like asbestos. And recently, the World Health Organization fingered air pollution as a major cause of lung cancer.

"As someone who works in this area, I'm always so sur-



There is a common misconception that anyone who gets lung cancer got it as a result of smoking. CONTRIBUTED

prised that Canadians are so supportive of other smoking-related diseases like heart disease and stroke, and yet lung cancer seems to bear all the blame associated with smoking," she said Thursday.

"I think it's important to realize that a growing number of people with lung cancer are people who smoked as teenagers and then quit when they were very young. There's a growing number of never-

Other cancers

Dr. Peter Ellis, an oncologist at McMaster University's Juravinski Cancer Centre, said that despite the grim toll taken on women by lung cancer, the disease "isn't even recognized" in fundraising events like the annual Weekend to End Women's Cancers.

- **Common fundraising events for disease.** Other cancers, among them colon and breast cancer, are influenced by lifestyle choices such as poor diet and lack of exercise, but patients with those malignancies aren't typically exposed to the stigma attached to lung cancer.

smokers with this disease, and this is something that really affects all Canadians and is definitely worth people supporting, irrespective of the smoking issue."

In fact, one in 12 Canadians is at risk for lung cancer in their lifetime — both smokers and never-smokers alike, said Leighl, who is also president of Lung Cancer Canada.

About 25,000 Canadians are diagnosed annually with lung cancer and an estimated 20,000 die each year from the disease, said the organization, which is calling for a national screening program, increased research funding and greater access to new life-prolonging drugs.

THE CANADIAN PRESS



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What to know about gestational diabetes



Get to know the risks of gestational diabetes. ISTOCK PHOTOS

Babies. Moms-to-be need to be educated on eating habits for pre- and post-pregnancy and the risks to their kids

VIRGINIA PELLEY
Metro World News

Melanie Jay didn't consider herself at risk of developing gestational diabetes, a diagnosis during pregnancy that means excess blood glucose (sugar) is passing from the mother to her baby via the placenta.

A general internist and an assistant professor at New York University School of Medicine and Population Health specializing in obesity-related health services, Jay didn't have a strong family history of the condition, wasn't overweight, exercised regularly and maintained a healthy diet. Pregnant with twins, however, she developed gestational diabetes and had it during her next

pregnancy as well.

"The influx of placental hormones during pregnancy help your baby develop, but they can also block normal insulin function in the mother, making your body more resistant to insulin," Jay says.

Without enough insulin, your body can't convert glucose into energy, so it collects in the bloodstream. High glucose levels in the blood can lead to serious pregnancy complications, such as preeclampsia (a high blood pressure condition that, if left untreated, can be fatal), preterm delivery, overweight babies and an increased risk of cesarean delivery.

The American Diabetes Association estimates that gestational diabetes affects 18 per cent of all pregnancies. Some women are genetically predisposed to develop diabetes, particularly if they are overweight, says Dr. Joel Zonszein, director of the Clinical Diabetes Center at Montefiore Medical Center, the University Hospital for Albert Einstein College of Medicine.

Because moms-to-be with gestational diabetes are pass-

ing along high levels of glucose via the bloodstream, their babies overproduce insulin; this means they're getting more energy than needed, which is then stored as fat.

Macrosomia, or "large" babies, can injure their shoulders during delivery, are at higher risk of developing respiratory problems and have a greater risk of becoming obese or diabetic later in life.

Women are often good about carefully controlling their diabetes with glucose monitoring, diet and exercise during pregnancy, but it can be more difficult after delivery, when the baby's health is no longer a factor and they're overwhelmed with the responsibilities of being a new mom. One study showed that many women don't get screened to see if they have diabetes after they give birth.

"The key is education; not only how to monitor blood sugar levels but what she can expect before, during and after pregnancy," Zonszein says. "Women should also involve the entire family in learning to control diabetes."

Mind the App

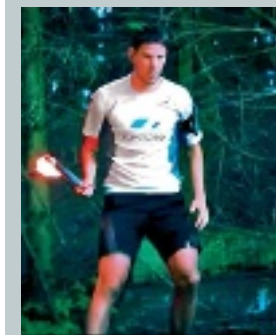
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This popular GPS tracker now offers fitness audio books; tales of travel, adventure and escape to match your pace. A bit gimmicky, their imaginative soundtracks are still a welcome change.



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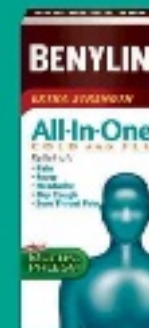
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Make the quintessential fall side dish the star of the show

Too often, squash is cut into chunks, then either seasoned and roasted or steamed and mashed. And while both approaches can be delicious, they get tedious year after year. They also don't do the squash justice.

To reinvent the typical squash dishes, here is something with a bit of backbone — Something that stands out and doesn't resemble every other, or any other, dish on the autumn table.

A simple, savoury squash tart is the answer. Not only is it easy to make, it can be prepared ahead of dinner, then briefly reheated just before serving.

1. Heat the oven to 350 F.

2. Unroll the pie crust and set it over a 9-inch tart pan with removable bottom. Gently press the crust into the pan and up the sides. Using your fingers, crimp and remove any excess dough. Refrigerate the crust.



This recipe serves eight. MATTHEW MEAD/ THE ASSOCIATED PRESS

3. Fill a medium saucepan with 2 inches of water, then fit it with a steamer basket. Set the squash in the steamer basket, then bring the water

to a boil. Cover and steam the squash until very tender, about 15 minutes.

4. Transfer the squash to a

Ingredients

- 9-inch prepared (rolled) pie crust
- 1 3/4 lbs peeled and cubed (about 1/2-inch cubes) butternut squash
- 3 eggs
- 1/4 cup grated Parmesan cheese
- 2 tbsp brown sugar
- 1/2 tsp dried thyme
- 1 tsp salt
- 1/4 tsp ground black pepper

blender or food processor. Process or blend until mostly smooth. Add the eggs, cheese, brown sugar, thyme, salt and pepper, then process again until very smooth.

5. Remove the crust from the refrigerator and set it on a rimmed baking sheet. Carefully pour the squash mixture into the crust, then bake for 25 minutes, or until set at the centre. Cool slightly before cutting into slices. THE ASSOCIATED PRESS

Health Solutions

Elk vs. deer in the kitchen



NUTRI-BITES
Theresa Albert
DHN, RNC
myfriendinfood.com

I had to call my butcher buddy Sam Gundy, co-owner of Olliffe Butcher at Yonge and Summerhill in Toronto, to discover the difference between elk and deer meat.

They are, indeed, different breeds but are culinarily and nutritionally similar.

• Both are farmed and mostly grass fed.

• Elk is more widely available in pepperette and burger form.

• Both are much more lean than beef.

• Each is equally tender.

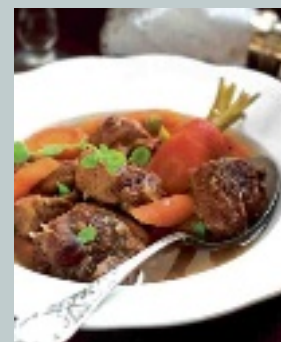
First timers would be well advised to purchase a cut other than the precious tenderloin and stew it with

hearty flavours like mushrooms and red wine. Work your way up to a tenderloin or rib roast.

Generally, leaner cuts fare better with a low and slow method without salt. Salt can draw moisture from the meat, so salting after it is cooked or using a sauce containing salt will steer you in the right direction.

Get it? Steer?! Oh, wait, that's a cow.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Taking care of business — part time

Temporary often becomes full time.

Temps can be an important asset. Here are 5 ways to make them feel at home

MIKE DOJC
life@metronews.ca

Here today, gone tomorrow temps don't always get the same introductory fuss as permanent employees. Companies that don't put enough effort in welcoming temporary workers into the fold may not only be losing productivity but also missing out on a valuable future hire.

Onboarding icebreakers

For temps to be effective they need to be just as much a part of the team as everybody else. "It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together," explains Lynn Roger, senior vice-president and chief

Make an effort

"It goes way beyond (knowing) their name. I make a point of the team getting to know the person because they're going to work together."

Lynn Roger, senior vice-president and chief talent officer at BMO Financial Group.

talent officer at BMO Financial Group.

"A temporary employee is filling a need. That might be for a couple of weeks or that might be for three months. Often times we actually convert temporary employees into permanent employees," explains Roger.

Never skimp on orientation

"Temporary professionals can contribute a lot more, more quickly, if they have a clear understanding of what is expected from them," weighs in Nicole Parrotta, branch manager at Robert Half's Calgary office. Be sure to give the lay of the land and offer clear direction on the project, the deadlines, and

the frequency of required follow-ups. Taking the time to properly set expectations will pay long-term dividends for the company.

Encouragement goes a long way

Whether it's genuine praise for a job well done or constructive criticism to get them back on track, temps typically are putting their best foot forward and want to know if they're performing up to snuff. Plus, providing feedback is a developmental opportunity. "It's about staying in touch with the person. Give them positive feedback and positive reinforcement. But also be able to answer questions," says Parrotta.

Buddy up

Assign a temp to an office buddy who thoroughly understands the scope of the work they will be doing. The bud can also act as their point of contact and help them navigate their work environment, especially useful in a large office. "It's a small price to pay to make sure they're set up for success even if they are a temporary em-



It's your temp's first day. How are you going to welcome and integrate him or her into office life? ISTOCK

ployee because it could be very temporary that they're temporary," explains Roger.

Long-term conversion potential

Many temps do what they do because they are trying to get their foot in the

door and gain an understanding of corporate culture at various companies. The biggest reason many temp is that if you do a great job and play your cards right, there's always the potential it could lead to something more. "If I

have a really great temporary resource that comes and joins my team and unfortunately I don't have anything else for them, I would actually encourage them to network and I would open doors for them," says Roger.

Embracing the \$200,000 baby

Young breadwinners.

Is the next web sensation in your house right now? Here's how to manage the potential pitfalls



MICHELLE CASTILLO
Metro World News

When David DeVore uploaded a video of his son acting loopy after a visit to the dentist, he never imagined that it would become one of the most popular YouTube videos of all time. In fact, he only meant to share it privately with his family, but didn't configure the privacy settings.

"I had no idea what was going to happen," he says. "It was just more of a convenience thing." Then boom. After going viral, the video has nearly 120 million views, netting the family more than \$100,000 US in ad revenue. DeVore quit his job as a real estate agent and is now a full-time parent and manager of the David After



Mobile app millionaire Nick D'Aloisio, age 17. GETTY IMAGES

Dentist blog.

DeVore got lucky — like the dad behind Charlie Bit My Finger, which has netted that family close to \$200,000 US. Predicting what will be a hit is tricky, however, and raises the ugly question of whether you're exploiting your child. Here are a few rules to live by:

Don't be obviously fake

The woman who covered the house in flour, pretending the children did it, netted 4 million views — and a ton of backlash that resulted in a non-starter.



Charlie Bit My Finger has earned close to \$200,000 US. YOUTUBE

Encourage your kids to get behind the camera

Nick D'Aloisio of London was nine when he cut his first film. He learned to program at 11. At 15, his news app, Summly, was funded by venture capitalists, and later sold to Yahoo! for \$30 million US.

But still treat them like kids

D'Aloisio still relies on an allowance from his parents.

Be mindful of exploitation

Would you like someone putting up a video of you pooping



A YouTube video of David DeVore Jr.'s reaction to anesthesia after a visit to the dentist has earned his family more than \$100,000 US in ad revenue. GETTY IMAGES

your pants, or singing about R2D2? "(David) seems to have really embraced his fame," says Katie Elson Anderson, author of the study *Configuring Childhood on the Web*. "But when he's 20 or 30 looking for a job, how is his fame going to impact

him then? We still don't know," she says.

DeVore says he doesn't force his son to get in front of the camera. "There's temptation there to cram the channel with a lot of different videos, but I would feel uneasy about it."

For the record, DeVore still posts videos of David, but only at his son's request. "To me, it's just a natural evolution of it," he says. "As YouTube goes more and more mainstream, I have no problem with it as long as the kid is enjoying it."



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Lights, camera, action!

NHL ups its reality-TV game

Cameras will follow more than a dozen NHL stars this winter as part of a new reality show that will air on CBC.

NHL Revealed: A Season Like No Other will chronicle the league's "Stadium Series" games, Heritage Classic and the 2014 Winter Olympics with the kind of behind-the-scenes access previously reserved for HBO's 24/7.

"You may hear many beeps," executive producer Ross Greenburg said on a conference call Monday. "You will not hear the actual colourful language, but you'll be able to decipher and lip-read at times."

The seven-part series will be broadcast on CBC in Canada and NBCSN in the U.S. beginning Jan. 22.

THE CANADIAN PRESS

NFL

Broncos safety out indefinitely after abrupt operation

Broncos safety Rahim Moore underwent emergency surgery Monday for a condition known as lateral compartment syndrome that can cost patients a limb or even their life.

Moore is out indefinitely.

Moore left the Broncos' 27-17 win over the Kansas City Chiefs in the first half Sunday night after being unable to accelerate on Jamaal Charles' 35-yard run.

The Broncos said he had a lower leg injury and removed him from the game.

THE ASSOCIATED PRESS



Blue Jackets goalie Sergei Bobrovsky and Clarke MacArthur of the Senators eye the puck on Sunday at the Canadian Tire Centre. After losing to the Blue Jackets 4-1, the Senators will look to get back on the winning track Tuesday against the Flyers. SEAN KILPATRICK/THE CANADIAN PRESS

Sens going through an identity crisis

NHL. Team still trying to find consistency following its first 20 games

After 20 games, the inconsistent Ottawa Senators are still struggling to find their identity.

When they score first, the Senators have a 5-0-1 record, but when they give up the first goal, they are a disappointing 3-8-3.

"We'll have some bright flashes, we'll look good for a couple games and win a

couple of games and then I don't know," said Zack Smith. "It's getting a little frustrating. There's still a lot of games left, but at the same time you want to establish an identity and find some consistency in our games."

Two years ago, the Senators were known for their ability to come back in games, often in the final minute. Last year they showed resiliency in advancing to the second round of the playoffs despite playing most of the season without Jason Spezza, Erik Karlsson, Jared Cowen and Craig Anderson.

For whatever reason, this year's group hasn't shown the

Flyers waiting in the wings

On Tuesday, the Senators take on the Philadelphia Flyers, who just one week ago shut out the Senators 5-0 in Ottawa.

same ability to overcome adversity, especially after giving up the first goal.

"Maybe we're waiting around at the start of games to see what other teams are doing," said Marc Methot. "I don't think we're really initiating the play the way that we probably should be, especially

here at home with our fans behind us. We seem to be getting down on ourselves and that's contagious and that happens when you start losing games. It's one of those things that we just have to work our way out of."

Senators coach Paul MacLean believes the team would see some overall improvement if they could just find a way to spend less time in their own end.

"We play in our end all the time and that's still to me the biggest issue we have, is our lack of execution and we play too much in our end," MacLean said. THE CANADIAN PRESS

Riders soaking in hometown Grey Cup hype



Roughriders fans celebrate the team's win in the West Division final over the Stampeders in Calgary on Sunday. JEFF MCINTOSH/THE CANADIAN PRESS

The Saskatchewan Roughriders say they can stay focused amid the hype of playing the Grey Cup on home turf in front of their notoriously rabid fans.

Hundreds of fans took to the streets in downtown Regina after the Riders beat the Calgary Stampeders in the CFL West Division final and earned a spot in the Grey Cup.

Riders running back Kory Sheets got a first-hand glimpse of the enthusiasm after the flight back from Calgary late Sunday night.

"You know, it was funny,

me and Terrell Maze were walking through the house last night, somebody stopped their car and got out and was screaming and yelling. It was like, 'Congratulations. Yay!' And then they just got back in the car and pulled off," Sheets said with a laugh at a news conference Monday in Regina.

"I'm expecting a lot of that this week."

Sheets, who signed with the Riders in February of 2012, has never been in Saskatchewan when the team has made it to the Grey Cup. In fact, he says

he hasn't played in a championship game outside of high school.

He says he's getting advice on how to handle the situation from veteran players such as quarterback Darian Durant.

"Darian was telling me last night it's going to be crazy, just might as well soak it all up," said Sheets.

The Roughriders will face the Hamilton Tiger-Cats in this year's championship game, which will be played Sunday at Mosaic Stadium.

THE CANADIAN PRESS

4 SPORTS

Sochi 2014

Russia's sports minister says gay law was mistake

Russia's sports minister says passing the gay "propaganda" law that sparked calls for boycotting the Sochi Olympics was a mistake — not because of its contents, but because of its timing.

Vitaly Mutko is quoted by the RBK business newspaper as saying: "Perhaps the state authorities should have waited a little.... It was possible to calculate how much resonance it would cause in the West."

The law passed in June bans distributing so-called propaganda of non-traditional sexual relationships to minors.

THE ASSOCIATED PRESS

NFL

Ex-Raider Howard dies in car crash

Former NFL linebacker Thomas Howard has died following a high-speed car crash on a freeway in Oakland.

The Alameda County Coroner's office said the 30-year-old Howard was one of two men who died in the crash early Monday morning. The driver of the other car, 64-year-old Zeng Long Liu, also died.

Howard played eight years in the NFL after being drafted by the Oakland Raiders in 2006.

THE ASSOCIATED PRESS

NFL

Falling Bills fan's luck could change

An unruly football fan who survived a fall from the top deck of Ralph Wilson Stadium onto a man below has been banned from the stadium and could face charges, officials said Monday.

Video from Sunday's game between the Buffalo Bills and New York Jets shows the fan sliding down the 300 level railing in a seated position before flipping backward and plummeting about 30 feet to the 200 level.

He and the man he landed on were treated inside the stadium before being taken to a hospital, where they were treated and released, authorities said. **THE ASSOCIATED PRESS**

Cause for concern in Ottawa



THE HOCKEY NEWS

Murray Pam
ottawa@metronews.ca

The Senators approach the quarter pole of the season with an 8-8-4 record. While a .500 percentage isn't disastrous, it's how the club reached that mark that is a cause for concern to management and players.

Photos by Getty Images

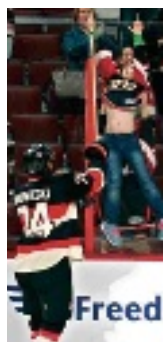


Standing in quicksand

Poor starts are the Senators' bane this season. The club is 3-8-3 when opponents score first. Worse, coach Paul MacLean's squad has fallen behind 2-0 in 10 of its 20 games to date. The coach and players are sharing blame, but this problem must be solved soon to prevent the team from sinking even further.

Not-so-friendly confines

The Senators can't use the excuse they're playing in a new building — the Canadian Tire Centre is fresh in name only. Their 3-5-2 record at home is disconcerting. Sunday's gathering of 15,535 was Ottawa's lowest-attended



game since the 2004 lockout. Several thousand empty seats, at times, have the house lacking atmosphere.



Not ready for prime time

In order to gain larger television audiences and higher ad revenues, the Senators opted for more weekend afternoon games. However, the players haven't coped well with the change. The team is 1-3-1 in games starting 5:30 p.m. or earlier. The club must adapt to daytimes starts: They play another six at home and five on the road this season — that's almost 18 per cent of their remaining games.

Breaking out is hard to do

After a 5-0 loss last Tuesday at the hands of the Flyers, MacLean had the Senators practise nothing but breakouts. With the exception of Erik Karlsson, who is a one-man breakout, far too often the team is hemmed in its own zone. The club has allowed a league-high 36 shots per game, a sign that forwards are missing assignments.



The defence goes round and round

Twenty games into the campaign, MacLean is still trying to find his top six. Tops among blue-liners with 20 points, Karlsson has returned to form. However, Jared Cowen, pictured, Eric Gryba and Patrick Wiercioch are all performing below expectations. With the recent recall of Mark Borowiecki, the Senators are carrying eight D-men, so something has to give soon.

MMA. Smiling GSP feeling better, thanks well-wishers for support

Georges St-Pierre was all smiles Monday, in the wake of his controversial decision win over Johnny Hendricks at UFC 167.

The UFC welterweight champion tweeted a picture of himself in his Las Vegas hotel with four friends including his mentor, former fighter Kristof Midoux.

"Good morning from Vegas - Feeling much better now! Merci a tous pour votre support incroyable!!!" St-Pierre tweeted.

The 32-year-old from Montreal is wearing a big grin and dark glasses to conceal facial damage in the picture.

St-Pierre (25-2) took a beating in winning a split (48-47, 47-48, 48-47) decision Saturday over Hendricks that drew criticism from Dana White. The UFC president said GSP won only the third round and called for the Nevada governor to investigate the Nevada State Athletic Commission, which oversees the sport.

After the fight, St-Pierre said he needed to take time away from the sport to deal with some personal issues which he did not detail. The commission, meanwhile, released purse information for



Georges St-Pierre celebrates Saturday night's win at UFC 167.

THE ASSOCIATED PRESS

the show Monday.

St-Pierre received a basic purse of \$400,000 US while Hendricks got \$50,000, missing out on a matching win bonus.

The UFC awarded both fighters an additional \$50,000 as a fight-of-the-night bonus.

The purse information only tells part of the financial story, however, since the UFC does not reveal all of its pay figures. St-Pierre's paycheck would be in the millions given he is the UFC's largest draw and gets a cut of the lucrative pay-per-view revenue.

THE CANADIAN PRESS

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Tampa Bay	20	14	6	0	64	50	28
Boston	19	12	6	1	53	36	25
Toronto	20	12	7	1	57	47	25
Detroit	21	9	5	7	54	60	25
Montreal	21	10	9	2	52	45	22
Ottawa	20	8	8	4	58	62	20
Florida	21	5	12	4	46	70	14
Buffalo	22	5	16	1	41	68	11

METROPOLITAN DIVISION

	GP	W	L	OL	GF	GA	Pt
Washington	21	12	8	1	69	59	25
Pittsburgh	20	12	8	0	56	47	24
NY Rangers	20	10	10	0	42	50	20
Carolina	20	8	8	4	39	55	20
New Jersey	20	7	8	5	42	49	19
NY Islanders	21	8	10	3	61	68	19
Columbus	20	7	10	3	52	57	17
Philadelphia	19	7	10	2	35	48	16

Monday's results

Boston at Carolina
Anaheim at Pittsburgh

Calgary at Winnipeg

Sunday's results

Columbus 4 Ottawa 1

Washington 4 St. Louis 1

Los Angeles 1 NY Rangers 0

Chicago 5 San Jose 1

Dallas 2 Vancouver 1

Minnesota 2 Winnipeg 1

Tuesday's games

All Times Eastern

St. Louis at Buffalo, 7 p.m.

NY Islanders at Toronto, 7 p.m.

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	21	14	3	4	78	61	32
Minnesota	21	13	4	4	55	44	30
St. Louis	19	13	3	3	66	46	29
Colorado	19	14	5	0	59	41	28
Dallas	20	11	7	2	58	56	24
Winnipeg	22	10	10	2	57	61	22
Nashville	20	9	9	2	46	63	20

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	22	15	5	2	71	56	32
San Jose	21	13	3	5	72	50	31
Phoenix	21	14	4	3	73	66	31
Los Angeles	21	14	6	1	58	46	29
Vancouver	22	11	8	3	56	58	25
Calgary	20	6	11	3	54	75	15
Edmonton	22	5	15	2	53	83	12

Ottawa at Philadelphia, 7 p.m.

Nashville at Detroit, 7:30 p.m.

Minnesota at Montreal, 7:30 p.m.

Boston at NY Rangers, 7:30 p.m.

Chicago at Colorado, 9 p.m.

Columbus at Edmonton, 9:30 p.m.

Florida at Vancouver, 10 p.m.

Tampa Bay at Los Angeles, 10:30 p.m.

Wednesday's games

Minnesota at Ottawa, 7:30 p.m.

Pittsburgh at Washington, 8 p.m.

New Jersey at Anaheim, 10 p.m.

Columbus at Calgary, 10 p.m.

MLS PLAYOFFS

CONFERENCE CHAMPIONSHIPS

(Two-game series)

EASTERN CONFERENCE

KANSAS CITY VS HOUSTON

Leg 2 — Saturday, November 23

Houston at Kansas City, 7:30 p.m.

WESTERN CONFERENCE

REAL SALT LAKE VS PORTLAND

Leg 2 — Sunday, November 24

Real Salt Lake at Portland, 9 p.m.

CFL PLAYOFFS

DIVISION FINALS

EAST DIVISION

Sunday's result

Hamilton 36 Toronto 24

WEST DIVISION

Sunday's result

Saskatchewan 35 Calgary 13

101st GREY CUP

Sunday, Nov. 24 — All Times Eastern

Hamilton vs. Saskatchewan, 6 p.m.

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Indiana	9	1	.900	—
Miami	7	3	.700	2
Chicago	5	3	.625	3
Philadelphia	5	6	.455	4 1/2
Atlanta	6	4	.600	3
Charlotte	5	5	.500	4
Orlando	4	6	.400	5
Toronto	4	7	.364	5 1/2
Boston	4	7	.364	5 1/2
Cleveland	4	7	.364	5 1/2
New York	3	6	.333	5 1/2
Detroit	3	6	.333	5 1/2
Brooklyn	3	6	.333	5 1/2
Washington	2	7	.222	6 1/2
Milwaukee	2	7	.222	6 1/2

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	9	1	.900	—
Portland	8	2	.800	1
L.A. Clippers	7	3	.700	2
Golden State	7	3	.700	2
Oklahoma City	6	3	.667	2 1/2
Houston	7	4	.636	2 1/2
Minnesota	7	4	.636	2 1/2
Dallas	6	4	.600	3
Phoenix	5	4	.556	3 1/2
Memphis	5	5	.500	4
Denver	4	5	.444	4 1/2
L.A. Lakers	5	7	.417	5
New Orleans	4	6	.400	5
Sacramento	2	7	.222	6 1/2
Utah	1	10	.091	8 1/2

x - clinched playoff berth; y - division; z - conference.

Monday's results

Portland at Brooklyn

Charlotte at Chicago

Denver at Oklahoma City

Philadelphia at Dallas

Golden State at Utah

Memphis at L.A. Clippers

Sunday's results

Portland 118 Toronto 110

Memphis 97 Sacramento 86

L.A. Lakers 114 Detroit 99

Tuesday's games

Minnesota at Washington, 7 p.m.

New York at Detroit, 7:30 p.m.

Atlanta at Miami, 7:30 p.m.

Boston at Houston, 8 p.m.

Phoenix at Sacramento, 10 p.m.

Horoscopes

Aries

March 21 - April 20
You have higher standards than most but no one expects you to be perfect, so try not to expect it of yourself. Even an Aries has limits, so lower your sights a little and remind yourself that you are human.

Taurus

April 21 - May 21
You won't be able to put a foot wrong today, but that won't stop you from treading on some toes — deliberately! Mars and Jupiter combine to give a boost to your ego and make you feel you are unbeatable.

Gemini

May 22 - June 21
You may be feeling guilty because everything seems to be going well for you while friends and family appear to be struggling. Remember, they are not struggling because of you.

Cancer

June 22 - July 23
Be careful when dealing with people in positions of power because they are unlikely to tolerate criticism, even if it is justified. You may think that certain decisions are stupid but keep your thoughts to yourself.

Leo

July 24 - Aug. 23
You have done more than your share of the heavy stuff recently. Take a break and don't feel guilty. What is it you want to accomplish? Get on it and ignore everything else.

Virgo

Aug. 24 - Sept. 23
Mars and Jupiter make you decisive, which gives you the edge over those who cannot make up their minds. That's supposing that you make the correct decisions. You will.

Libra

Sept. 24 - Oct. 23
Take time out of your schedule to offer a hand to a loved one who clearly needs assistance. Your kindness will be greatly appreciated, and noted, and one day will come back to you.

Scorpio

Oct. 24 - Nov. 22
No matter what tasks you have to perform over the next 24 hours you will tackle them with gusto, then go looking for more problems to solve. You're in the groove and your creative juices are flowing.

Sagittarius

Nov. 23 - Dec. 21
Negative thoughts are counter-productive: The more you worry about something the more likely it is to happen. Keep that thought in mind at all times today, especially on the work front.

Capricorn

Dec. 22 - Jan. 20
If something goes out of your life, don't try to hold on to it. Mars and Jupiter are urging you not only to let go of the past but to pick it up and hurl it out of the door. Time to move on to something better.

Aquarius

Jan. 21 - Feb. 19
Make an effort to get out and meet people today. You need some fun and laughter in your life and you won't get it from waiting. Be the sort who makes things happen.

Pisces

Feb. 20 - March 20
It's unlikely you will be in a serious mood today and that's good, but some people may take it as a mark of disrespect. Well, too bad. They'll have to live with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. Bible: Abraham's offering to God
6. Shout
10. Queen's 'Bohemian', e.g.
14. Workday food time
15. Jai's friend
16. Wish
17. 1961 Pierre Berton book classic, with The: 4 wds.
20. Welcomes a client at reception: 2 wds.
21. Pub serving
22. Daze
23. Headland
25. Kevin __, Canadian on "Shark Tank"
27. Required
31. Hammers and saws
33. Rat's retreat
34. Site of Newfoundland's oldest surviving lighthouse, also North America's most easterly land point: 2 wds.
38. Spin
39. Sacred choral piece
40. Montreal-born actress Ms. Lee
41. Getaway from The White House: 2 wds.
43. Waist circumference
44. "Jump" by Van Who?
45. Marching bands gear

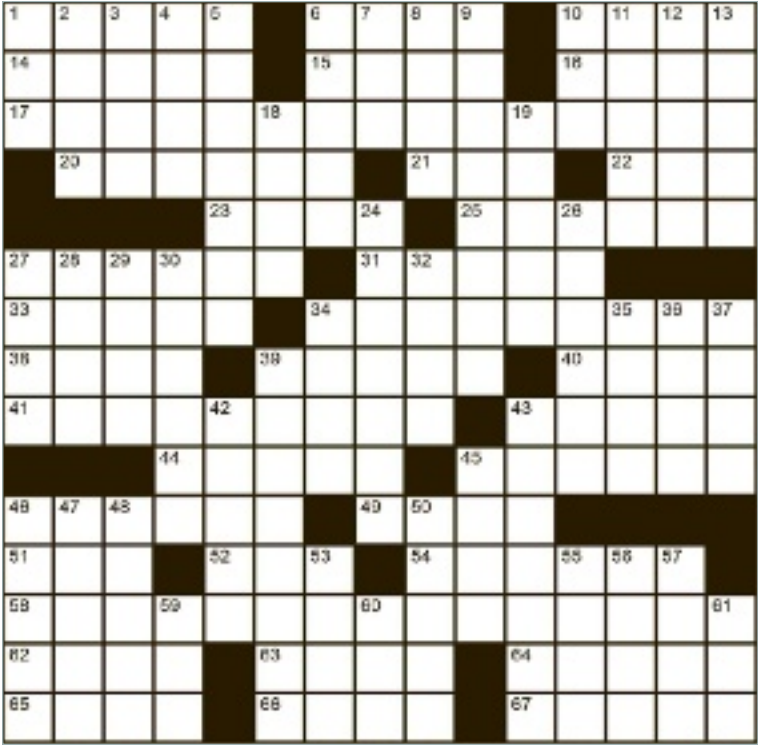
46. Community in southern Ontario north of Waterloo
49. Friends of 'Fis'
51. Cacharel perfume
52. AOL exchanges
54. Silent-movies-to-talkies flick, "The __"
58. In Canada, as examples... No Frills, PriceSmart Foods and Food Basics: 2 wds.

62. Approximately: 2 wds.
63. Weight allowance
64. Prince Charles' realm
65. Cry
66. "My word!"
67. "__, __ ...that's where you've got it wrong..."
Down
1. They, in Tadoussac

2. Does lawyering
3. 'Accept' suffix
4. Territorial measure
5. Country singer Kenny
6. Dullsville declarations
7. Fitting-here gr.
8. Ms. Spencer of "Good Morning America"
9. BC district on the

- Fraser River
10. Pi's follower
11. Teamsters leader Jimmy (b.1913 - d.????)
12. "I am just __ boy..." - Simon & Garfunkel, "The Boxer"
13. Buddy Holly's "__ Sue"
18. Even
19. Some computers

24. Drugs like Lipitor
26. Vivacity
27. Drug deal buster, commonly
28. Philosopher, Zeno of __
29. Pre-HS
30. Mount Parnassus overlooks this 'oracle' city in Greece
32. Newspaper piece, __-
34. Quathiaski __, BC
35. 12-star coin
36. Memo notation, for short
37. Hurras!
39. Arctic dog, Alaskan __
42. Racecar driver Mr. Franchitti
43. Historic neighbourhood of Vancouver
45. Whirring sound
46. Fund
47. France's longest river
48. En __ (All together)
50. Confined amidst bars
53. Hosiery annoyance
55. Flight-related UN Agency based in Montreal [acronym]
56. Salts, in Sherbrooke
57. Lumberjack's target
59. Police officer
60. __-la-la
61. Opposite NNW



Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today



0°/-6°
Sunny

Wednesday



2°/-3°
Sunny

Know what the weather
will be 14 days from now.
Check the 14 day trend.

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